

Abstract of the Disclosure

5 A straddle stretching apparatus comprises a seat on
top of a support frame and leg support wings which extend
from opposite sides of the seat and move outward and
upward away from the support frame as a handle at the top
of the base is rotated. The handle attaches to rotating
means which has struts extending from opposite sides that
attach to the side of the leg support wings. The
stretching apparatus is used to stretch the muscles of
10 the lower and upper body including the legs, lower back
and upper body. Stretch straps are provided on the side
of the leg support wings to assist the user in a
stretching exercise.